

Longwood 50+ Center

February 2017

Days of Operation: Tuesday 9:00am – 1:30pm

Wednesday 9:00am – 2:00pm



6150 Foreland Garth
Columbia MD 21045
410-313-7217
Director: Kari Weidner

www.howardcountyaging.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 1	2	3
6	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 7	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 8	9	10
13	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 14	Chinese Exercise 9:00am Bingo 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 15	16	17
20	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 21	Chinese Exercise 9:00am Chair Yoga 10:00am Lunch 12Noon Bread 1:30pm Ping Pong & Games 1:30-4:00pm 22	23	24
27	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 28			